



# Tools For Action

A sample of physical education initiatives in Wisconsin

## Movin' Schools Initiative

### Contact Information

<b>Main Contact Person</b> Mary Ellis-Stigler
<b>Title of Main Contact</b> Physical Education Teacher
<b>School Name</b> Rossman Elementary School
<b>School District Name</b> Hartford Schools Jt.1
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### Program Information

<b>Program Name</b> Movin' Schools Initiative
<b>Program Category</b> Activities done outside of PE class time for additional credit
<b>Grade Level</b> Elementary School (K-2); Elementary School (3-5)
<b>Assessment Method</b> Impact on knowledge and or attitudes (test scores); Participation rates (number of students involved); Impact on behavior (increase in active minutes or miles walked)

## Program Information

### Products Developed or Materials Used:

Bulletin boards, District newsletters, School newsletter, Articles in community papers, Activity calendars, flyers home, PTO support, cross-curricular (reading/writing) work corresponding with M.I.L.E. Club. Web site

### Program Description:

M.I.L.E. Club... Voluntary program in which kids keep track of activity outside of school as well as their eating habits. Each year we add miles/points and travel 'somewhere' Kids are eligible for certificates prizes etc.

For information on other **Physical Education Best Practices**, visit the website at:

<http://dev.dhfs.wisconsin.gov/health/physicalactivity/PEhome/> or contact Jon Hisgen at [jon.hisgen@dpi.state.wi.us](mailto:jon.hisgen@dpi.state.wi.us)

For information on how your school could become a **Governor's Healthy School Award** winner, visit the website at:

<http://www.schoolhealthaward.wi.gov/> or contact Brian Weaver at [brian.weaver@dpi.state.wi.us](mailto:brian.weaver@dpi.state.wi.us)

For more information on nutrition and physical activity, visit the **Wisconsin Nutrition & Physical Activity Program's website** at:

<http://dhfs.wisconsin.gov/health/physicalactivity/>

or contact staff at:

<a href="mailto:Meineam@dhfs.state.wi.us">Meineam@dhfs.state.wi.us</a>	(Amy Meinen, Nutrition Coordinator)
<a href="mailto:Morgajg@dhfs.state.wi.us">Morgajg@dhfs.state.wi.us</a>	(Jon Morgan, Physical Activity Coordinator)
<a href="mailto:Pesikme@dhfs.state.wi.us">Pesikme@dhfs.state.wi.us</a>	(Mary Pesik, Program and Grant Coordinator)